



Support, every step of the way

High Expectations

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Introduction

Adaptive Function of Expectations

Realistic vs. Unrealistic Expectations



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Where do these expectations come from?

- A. Learned Helplessness and diminished sense of autonomy
- B. Unfair Allocation of Resources
- C. Misinformation and Rumors
- D. Wishful Thinking
- E. Misinformation / Lack of Information
- F. Underestimating the Challenge of Resettlement



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How to Handle Unrealistic Expectations?

Proactively

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Strategies

- A. Reinforce relevant realistic expectations of journey ahead
- B. Promote an acceptance of challenges
- C. Discuss Communication
- D. Explain your role and the goal of your services



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E. Education

F. Empowerment

G. Recognize your triggers



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Thank You

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